

# Master of Science in Exercise Science and Sport Studies

## Concentration in Exercise Science



### Program Description

The Master of Science in Exercise Science and Sport Studies provides students the opportunity to engage in advanced study in the general field of exercise science and sport administration, and to enhance proficiency in an area of concentration. The concentration in Exercise Science is designed to cultivate knowledge in specialized and applied areas of exercise physiology and biomechanics. Students may elect to take additional coursework in exercise programming, cardiac rehabilitation, neuromotor physiology, coaching techniques and sport psychology. Options for the culminating experience include a choice between an internship and a research project. Graduates of the Exercise Science concentration may pursue careers in health fitness, strength and conditioning, clinical exercise physiology and more advanced graduate study.

Graduate classes are typically held in the evening. Many of the courses in this program are offered in a hybrid format in which some of the class meetings take place in the classroom while the remaining class sessions are conducted online. Facilities for learning activities and research in exercise physiology, biomechanics and motor learning are provided in the state-of-the-art Human Performance Laboratory and the Physical Education Activity Laboratory.

### Admission Requirements

All applicants must meet the basic admission requirements for graduate study at Montclair State University. Additionally, applicants for the concentration in Exercise Science must have a bachelor's degree with evidence of coursework in anatomy and physiology, physiology of exercise, and kinesiology (or biomechanics). Students lacking adequate preparation may be required to take additional coursework at the undergraduate level as a prerequisite to full matriculation in the master's program. The application process is conducted on a rolling admission basis with interested candidates submitting an online application, statement of objectives (essay), undergraduate transcripts, two letters of recommendation, and application fee. Completion of the GRE is not required for this program.

**For more  
information  
please contact:**

Dr. Michele M. Fisher  
973-655-7120  
fisherm@montclair.edu



**MONTCLAIR STATE**  
UNIVERSITY



## About Montclair State University

Since its founding in 1908, Montclair State University has had a rich history of innovation, distinction and growth. Montclair State, a vital educational force, is ranked as one of the top universities in the region. Graduates from Montclair State University are well equipped with the skills needed to respond to today's dynamic environment, as well as future challenges and opportunities.

# Curriculum Guide for the Exercise Science Concentration

## Required Core Coursework

**6-9 Credit Hours**

PEMJ 502	Methods of Inquiry and Analysis	3
Capstone Experience – Select one of the following options:		
Option A:	PEMJ 594 Internship in Sport and Exercise Science	3
Option B:	PEMJ 505 Research Design <b>and</b>	3
	PEMJ 603 Research Project	3

## Required Concentration Coursework

**15 Credit Hours**

EXSC 536	Cardiovascular Exercise Physiology	3
EXSC 537	Neuromuscular Exercise Physiology	3
EXSC 538	Metabolic and Respiratory Exercise Physiology	3
EXSC 540	Applied Sport Physiology	3
EXSC 561	Applied Biomechanics	3

## Graduate Electives

**9-12 Credit Hours**

Select 12 credits of graduate electives if choosing Capstone Option A, 9 credits if choosing Capstone Option B.

EXSC 541	Aerobic Testing and Programming	3
EXSC 542	Foundations of Cardiac Rehabilitation	3
EXSC 543	Theoretical Foundations in Strength and Conditioning	3
EXSC 556	Neuromotor Basis of Movement	3
EXSC 558	Seminar in Exercise and Sport Science	1
EXSC 580	Independent Study in Exercise Science	1-3
SPAD 508	Management and Supervision in Sport	3
SPAD 547	Advanced Coaching Techniques	3
SPAD 557	Motor Behavior in Youth	3
SPAD 559	Applied Sport and Exercise Psychology	3
NUFD 560	Advanced Nutrition Counseling for Diverse Population Groups	3
NUFD 581	Nutrition Education	3

## Total Credits

**33**